



Lifeguard Re-Certification Class

March 13, 2016

**Rochester Recreation Center
21 Elton Hills Drive NW
Rochester, Minnesota 55901
507-328-2500**

PREREQUISITE - Student will be tested for following skills:

Minimum age: 15 (must provide proof of age on last day of class).

- Swim 300 yards continuously using these strokes in the following order:
 - +100 yards front crawl using rhythmic breathing and a stabilizing, propellant kick.
 - +100 yards breaststroke.
 - +The last 100 yards may be a mixture of front crawl or breaststroke.
- Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return to the surface and swim 20 yards back to the starting point.

CERTIFICATION REQUIREMENTS

- Pass one written test with a minimum grade of 80 percent or better on each section.
- Successfully complete four final skill scenarios.

PLEASE NOTE: Students should wear appropriate swimwear for performing rescues in the water; no bikini type swim suits.

CLASS FEE - \$50.00. Call us at 507-328-2500 or stop in the office. Visa, Discover and MasterCard are accepted. Class size is limited.

Class Date: Sunday, March 13, 2016 from 8:00 a.m. – 6:00 p.m.

Meet Poolside at the Recreation Center on Sunday, March 13th at 8:00 a.m.

Lifeguard Training class will qualify individual to work in a pool setting - not ocean or surf beach.

Course of instruction established by AMERICAN RED CROSS.